

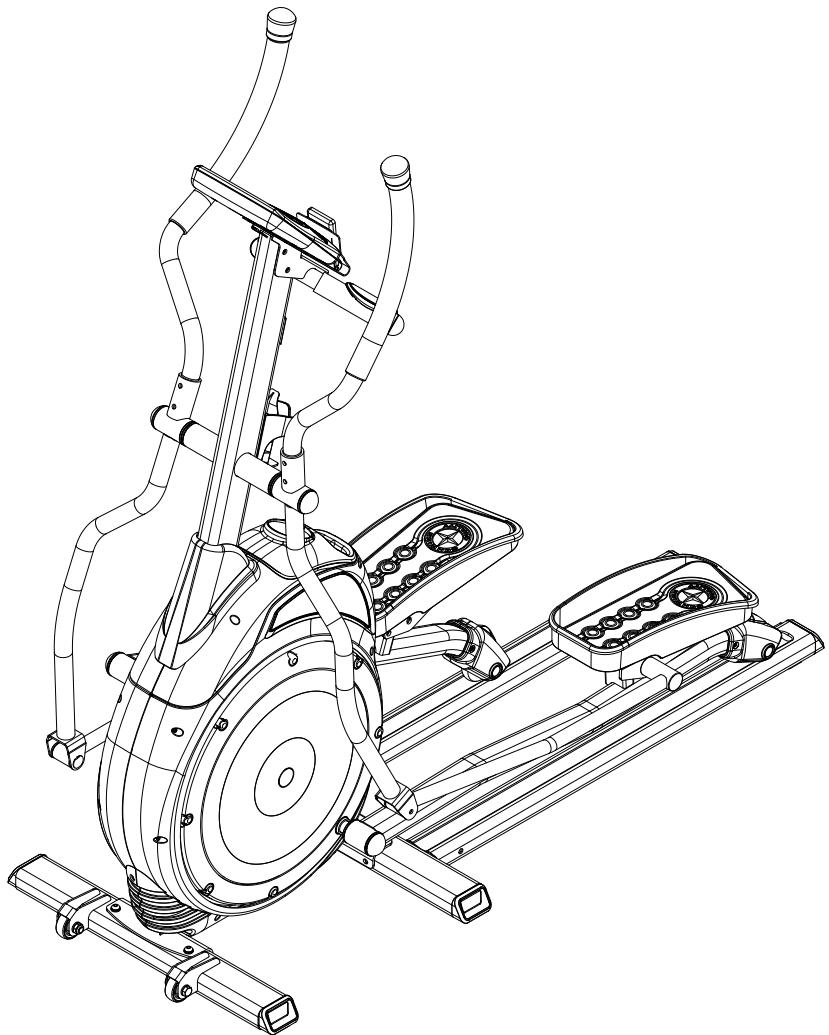


SCHWINN FITNESS

420 Elliptical Trainer



Owner's Manual



Introduction

Thank you for making the Schwinn® elliptical trainer a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn® craftsmanship and durability as you pursue your personal fitness goals.

The Schwinn® elliptical should enable you to shape and monitor your workouts to:

- ▲ Increase your energy level
- ▲ Increase cardiovascular and aerobic fitness
- ▲ Increase lower body muscle strength
- ▼ Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already in good shape, the Schwinn® elliptical is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. You can pedal your way to a slimmer and healthier body. The on-board digital computer enables you to accurately monitor your progress by tracking time, speed, distance and approximate Calories burned. This Owner's Manual contains all the information you need to operate and enjoy your Schwinn® elliptical trainer. Please read this Owner's Manual in its entirety before getting onto the elliptical and working out. So let's get started.

Take your time and have fun!

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Product Specifications

Assembled Dimensions: 62" L x 26" W x 66" H (158.1 cm x 65.7 cm x 170.4 cm)

Assembled Unit Weight: 154 lbs (70 kg)

Packaged Shipping Weight: 165 lbs (75 kg)

Workout Area: 101" L x 66" W (257 cm x 168 cm)

Power Adaptor Ratings:

USA & Canada, 120V 60 Hz input, 6V DC 0.5 A output UL listed / CSA Certified Class-2 Power Supply

Max user weight: 300 lbs (136 kg)

Safety Warnings

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

 Read and understand the complete Owner's Manual.
Read and understand all Warnings on this machine.

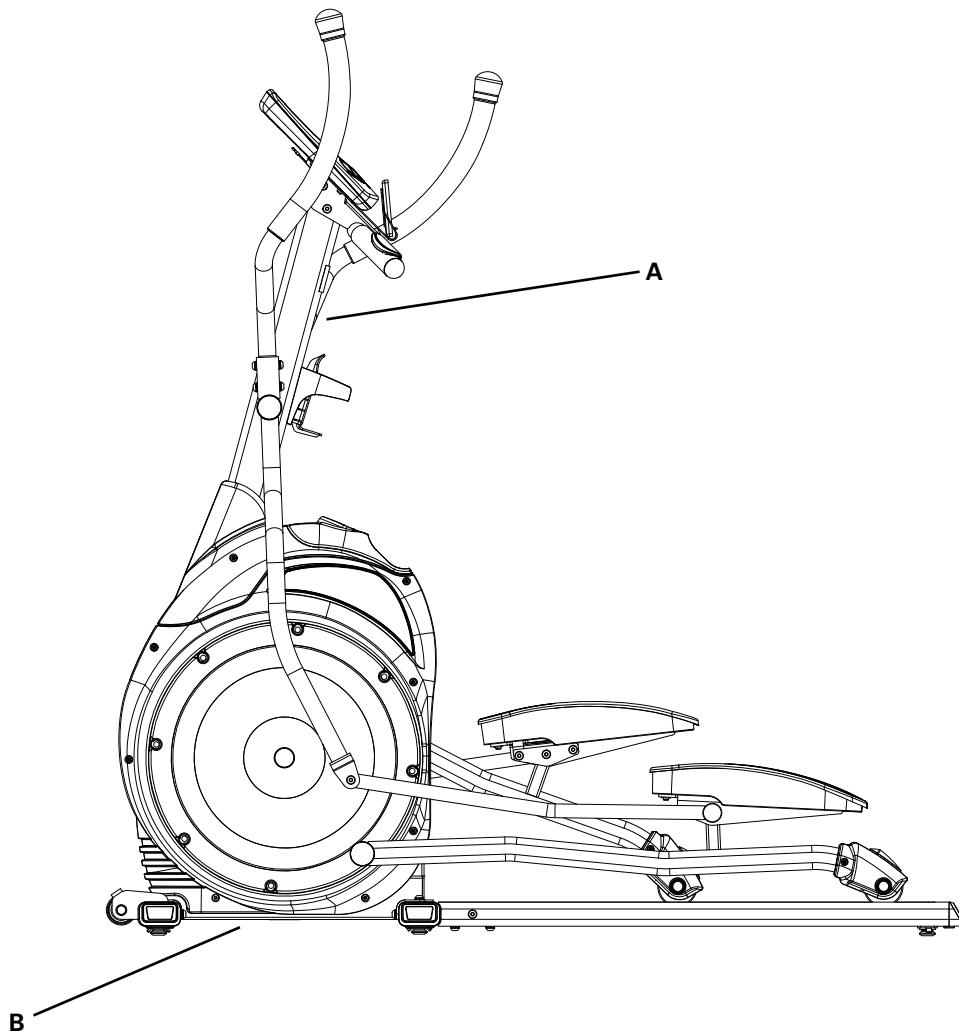
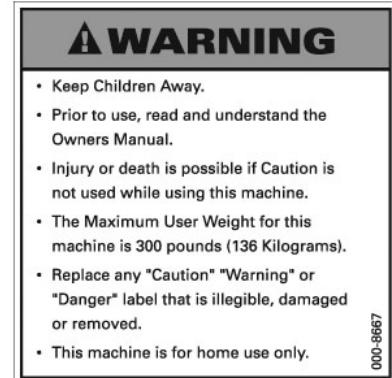
- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Examine this machine for loose parts or signs of wear. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® replacement parts supplied by Nautilus.
- This exercise machine is for consumer users only.
- Set up and operate this exercise machine on a solid level surface.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not overexert yourself during exercise. Operate the machine in the manner described in this manual.

Safety Warning Labels

BEFORE USING YOUR PRODUCT: Find and read all warning labels. If any warning label is damaged, illegible or missing, call 1-800-864-1270 for a replacement.

A: General warning label.
(Location: on the console mast just below the computer.)

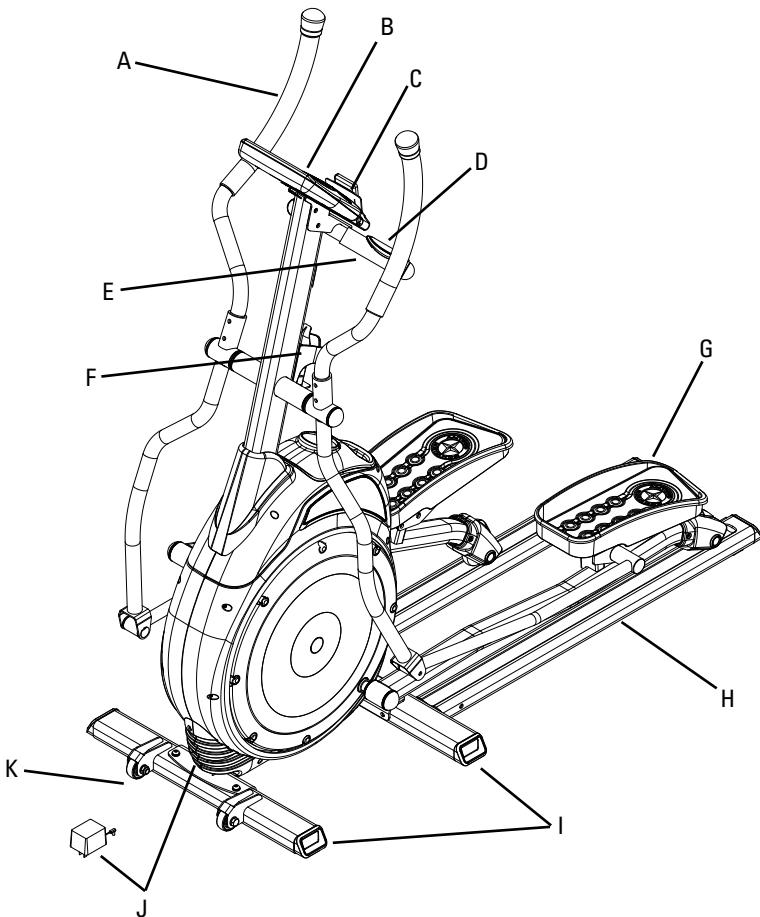
B: Serial number.
(Location: on the bottom of the main frame.)



Features

Features

- A. Swingarm handlebars
- B. Console
- C. Magazine/MP3 holder
- D. Contact heart rate (CHR) sensors
- E. Static handelbar
- F. Water bottle holder
- G. Foot pedals
- H. Rails
- I. Stabilizer bars
- J. AC adaptor and plug
- K. Transport wheels



- Biomechanically designed linkages give a comfortable articulating movement of the foot during the elliptical motion.
- Multi-program computer with 16 levels of resistance keeps you motivated and helps you achieve your fitness goals.
- Handlebar heart rate sensor monitors your workouts.
- Small footprint fits machine easily into most spaces of your home.
- Transport wheels provide versatility to move your workouts to another location.

Operation

Quick Start Steps

1. Connect the AC Adapter to the bottom front of the machine. The Console beeps and "WELCOME" appears on the Display. Default mode sets to Manual.
2. Stand on the foot pedals. Keep the front of your shoes close to the top edge of the platform.
3. Position your hands at a comfortable location on the upper body Handlebars.
4. Push the START/STOP button.
5. Start walking. Let your feet follow the machine's natural path.

Stopping Any Exercise Program

1. Push the START/STOP button to stop your workout. STOP mode shows on the Display.
2. Push the MEMORY button. The Display shows your workout results and ends the program.

Changing Directions

The Elliptical Trainer lets you move forward and back. To change directions, simply slow the pedals down until they stop, then switch directions.

Changing Levels and Resistance in a Program

Push the UP or DOWN buttons to increase or decrease resistance levels at any time in the current program.

Pausing an Exercise Program

1. Push the START/STOP button to stop your workout. STOP mode shows on the Display.
2. Push START/STOP again to resume the program where you left off.

Powering Down the Elliptical Trainer

Your Elliptical Trainer Console has an automatic shut-down (sleep mode) feature. It shuts down when not in use for approximately 4 minutes.

Using the Heart Rate (HR) Sensors

Locate the stainless steel HR sensors on the handlebars. Place your hands comfortably around the handles so that your hands touch both the top and the bottom of the sensors. Do not grip them too tightly or loosely. Both hands must make contact with these sensors for the computer to detect a pulse. Your pulse rate shows up on the Display after the computer senses four stable pulse signals. The rate updates after receiving every two signals. The computer uses your heart rate information in many of the software features.

Note: If your heart rate goes above 199, the "1" starts to flash. For example, a heart rate of 224 shows as 124—with a flashing 1.

After the initial contact HR (CHR) signal is detected, the computer begins a validation phase, which requires a good heartbeat signal within 10 to 15 seconds. Do not move or shift your hands during this time, or the validation phase will take longer. Several factors influence the computer's ability to detect your HR signal:

- Movement of the muscles of the upper body (including the arms) produces an electrical signal (muscle artifact) that interferes with the detection of the HR signal by the sensors. Movement of the hands while they are in contact with the sensors also produces interference. CHR detection may be limited to walking or slow jogging due to the extreme muscle artifacts and hand motion generated by a comfortable running style.

Operation

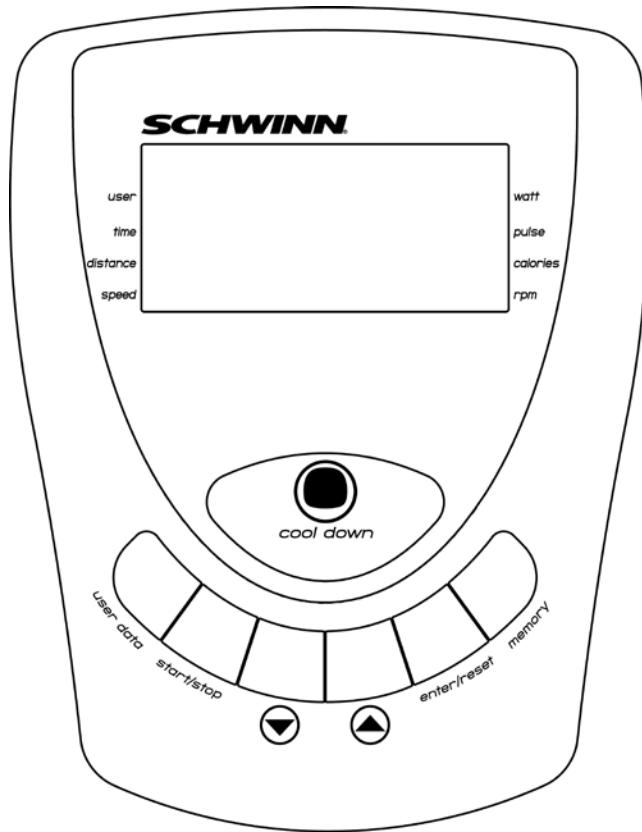
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- The EKG signal generated by some individuals is not strong enough to be detected by the sensors.

If the HR shown on the Display is erratic during exercise, it may be helpful to remove your hands from the handles, wipe them and place them back on the handles.

For information regarding fitness and workout plans, please refer to the Nautilus Institute® fitness manual at:

www.schwinnfitness.com

The Schwinn® 420 Console



Console Buttons and Functions

COOL DOWN

Measures and gets your heart rate recovery score. For details, see the "Recovery Test" section.

USER DATA

Enters the USER DATA mode. This machine allows you to store up to 4 user profiles (U1- U4) and up to 10 memorized workouts.

START/STOP

- Starts and pauses the workout. Pushing this button during an active program pauses the workout. Push this button again to restart the clock and the program where you left off.
- Quickly starts the Manual Program without user variable input. The workout ends once you push this button again. You cannot go back and resume your workout where you left off. See Start and Pause sections for information on pausing and resuming workouts.

DOWNS

Decreases resistance level. Push this button during the setting mode to decrease the value of Time, Distance, Calories, or Age.

UPS

Increases resistance level. Push this button during the setting mode to increase the value of Time, Distance, Calories, or Age.

The Schwinn® 420 Console

ENTER/RESET

- Push the ENTER/RESET button to record user-input information during setting mode.
- Hold the button down in the user data setting mode for 2 seconds to exit to the "ENTER PROGRAM" screen.
- Push the button during Start mode to change from auto-scan display to manual-scan display.
- Hold the button down in Stop mode for 2 seconds to clear the console and start the "Power Up" step.

MEMORY

Saves the exercise data after workout. "DATA SAVED" shows on the Display after the computer records the information.

KM/M Switch

The KM/MILE Switch on the back of the Console lets you change between English or Metric units. Power off the machine before you change units. Move the switch to MILE to show English units on the LCD Display, or to KM to show Metric units.

ENGLISH measurement sets units to:

- Miles
- Miles/hour
- Pounds
- Inches

METRIC measurement sets units to:

- Kilometers
- Kilometers/hour
- Kilograms
- Centimeters

LCD Display Features

The LCD Display is in the center of the Console and gives alphanumeric information including:

- Workout Program Set-up Instructions and Questions.
- Workout information including: PROGRAM, RESISTANCE LEVEL, TOTAL TIME, INTERVAL TIME, RPM and WATTS, DISTANCE, and HEART (PULSE) RATE, CALORIES, DISTANCE (in either English or Metric mode), and SPEED.
- Workout Progress Bars. Rectangular bars that stack up and visually inform you of the program course profile or resistance levels. When in one of the many programs, these bars scroll as the program continues.

LCD Contrast

Adjusting the LCD Contrast:

1. Push and hold the DOWN and ENTER/RESET buttons for 3 seconds at the same time.
2. Push the UP button to increase contrast or push the DOWN button to decrease contrast.
3. Push ENTER to select the setting.

LCD Display Descriptions

TIME

Shows the elapsed time on your workout. Your computer automatically counts up from 0:00 to 99:59 in one second intervals. You can program your computer to count down from a set up value with the UP and DOWN buttons. If you continue exercising once the time has reached 0:00, the computer will beep. Push any button to stop the beeping. Re-starting the computer also re-sets the TIME count to count up.

The Schwinn® 420 Console

INTERVAL TIME

Counts down the time remaining in the current program interval. When this reaches zero, the program moves to the next column.

SCAN

Shows your current TIME, DISTANCE, SPEED, WATT, PULSE, CALORIES and RPM per each for 6 seconds. Push the ENTER button to exit the auto-scan function. This allows you to manually scan the variables. Push ENTER to exit the manual mode. "SCAN" appears for 2 seconds on the Display and then switches back to auto-scan function.

AGE

Shows the user-input age between 10-99. Default is set to age 35.

RPM

Shows the current pedal RPM (revolutions per minute).

WATTS

Shows the current power you make at a given resistance level. One horsepower equals 746 Watts.

DISTANCE

Shows the distance traveled (Miles or Kilometers) up to a maximum of 99.9.

PULSE

Shows the current heart rate BPM (beats per minute).

Hold the Heart Rate sensors firmly in your hands for the computer to sense your heart rate. The heart rate continues to update as long as your hands touch the sensors. We supply this information for your convenience only. Do not use this as a source for medically accurate heart rate readings.

TARGET HEART RATE (TARGET PULSE)

Shows the heart rate to maintain during your exercise in BPM.

SPEED

Shows the current speed (MPH/KMH).

CALORIES

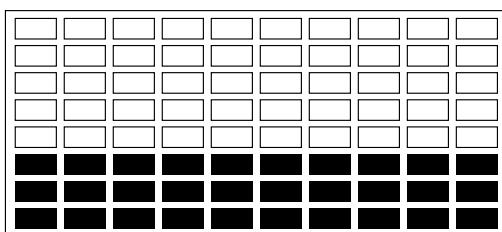
Shows the current energy (calories) burned.

Programs and Instructions

MANUAL Program

Use this program when you want to manually adjust the resistance level during your workout to make the program easier or harder.

Program 1: Manual



Using the Manual Program:

1. Step on the machine.
2. Push the START/STOP button.
3. Use the UP and DOWN buttons to manually adjust the resistance.

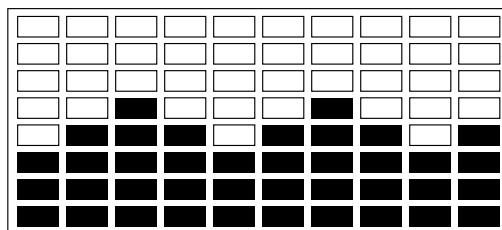
Pre-programmed Workouts

The Elliptical Trainer comes with many types of pre-programmed training workouts.

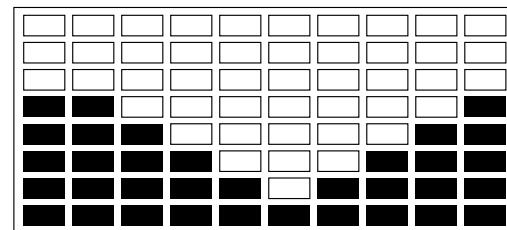
PROFILE Programs

These programs automate different resistances and levels of the Elliptical Trainer during a workout.

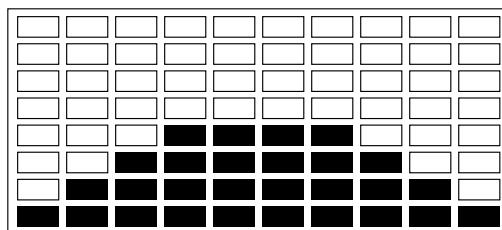
Profile Program 2: Rolling



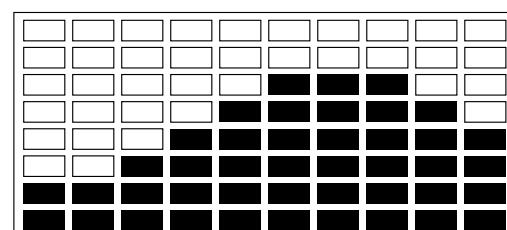
Profile Program 3: Valley



Profile Program 4: Fat Burn

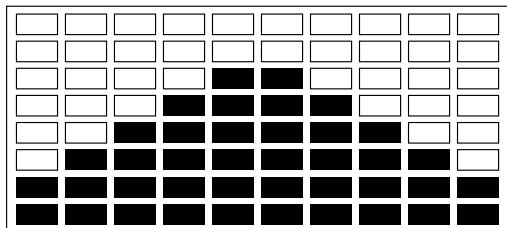


Profile Program 5: Ramp

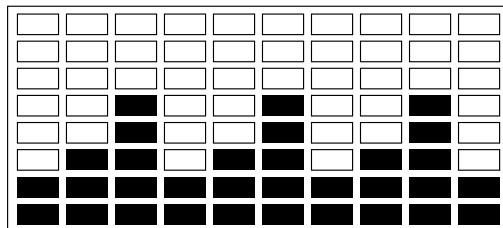


Programs and Instructions

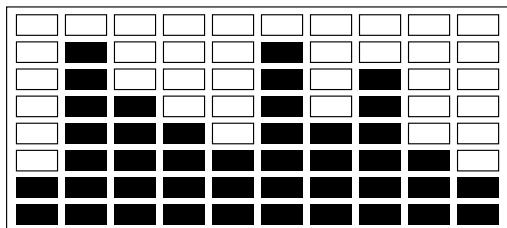
Profile Program 6: Mountain



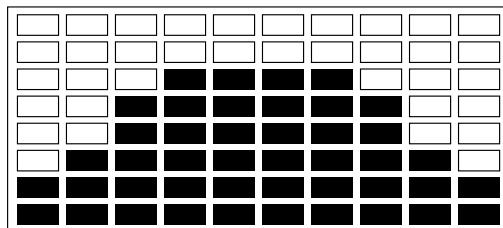
Profile Program 7: Intervals



Profile Program 8: Random



Profile Program 9: Plateau



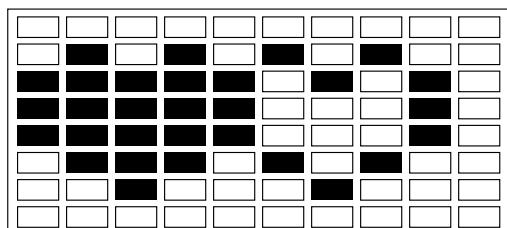
Starting a Profile Program:

1. Step on the machine.
2. Use the UP or DOWN buttons to set one of the above programs. Push ENTER to record selection.
3. Use the UP and DOWN buttons to answer the on-screen questions. Push ENTER to record each selection.
4. Push the START/STOP button when complete. The program starts.

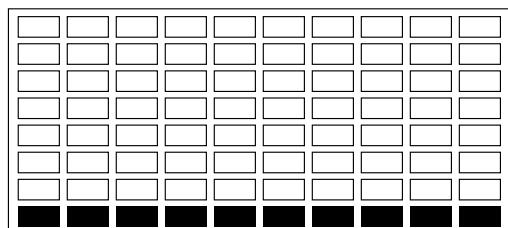
HEART RATE Program

The Heart Rate Program helps you find different Heart Rate goals. Each program calculates a different percentage (55% - 85%, incrementing by 10%) and tells you what your target heart rate should be for that range. The machine adjusts the resistance level for your workout so that you can get the goal. "SLOW DOWN" shows on the Display if your heart rate shows higher than calculated. "HURRY UP" shows on the Display if your heart rate shows lower. "KEEP GOING" shows on the Display if your heart rate matches a range of 5 within the target heart rate.

Heart Rate Program at Start



Heart Rate Program During Exercise



Programs and Instructions

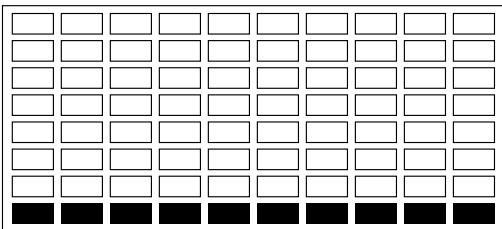
Starting the Heart Rate Program:

1. Step on the machine.
2. Use the UP and DOWN buttons to set one of the heart rate control programs (P10-P14). Push the ENTER button to record selection.
3. Use the UP and DOWN buttons to answer the on-screen questions. Push the ENTER button to record each selection.
4. Push the START/STOP button to start workout.

USER SETTING Program

The User Setting program lets you create and save a workout program of your own. Use this program to create custom values for TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The Console saves and keeps these values in the Memory after setup.

User Setting Program



Creating Your Own Program:

1. Use UP/DOWN button to start the User Profile program (P15). Push the ENTER button to record selection.
2. Push the ENTER button to make your workout program.
3. Use the UP and DOWN buttons to set your user profile. This saves your workout to one of the four user profiles. Push ENTER to record selection. The first column starts to flash.
4. Use the UP/DOWN buttons to set your personal exercise profile. Push ENTER to record your selection for the first column. The default level is Load 1 (L1).
5. Repeat Step 4 to complete the remaining columns for your profile.
6. Use the UP and DOWN buttons to set TIME. Push the ENTER button to record selection.
7. Use the UP and DOWN buttons to set DISTANCE. Push the ENTER button to record selection.
8. Use the UP and DOWN buttons to set CALORIES/JOULES. Push the ENTER button to record selection.
9. Push the START/STOP button to save your program and start workout.

Starting the User Setting Program:

1. Step on the machine.
2. Use the UP and DOWN buttons to start the User Profile program (P15). Push the ENTER button to record selection.

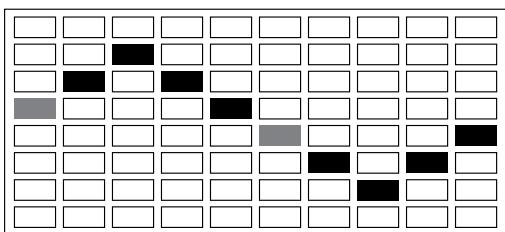
Programs and Instructions

3. Use the UP and DOWN buttons to find the saved user profile.
4. Push the START/STOP button to start workout.

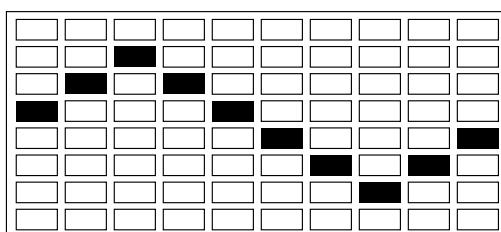
BODY FAT Program

The Body Fat Test Program program calculates your body fat ratio and offers a specific workout profile based on those results. The Display shows the test results of: FAT PERCENT, BMI, and BMR (Base Metabolic Rate). Please note that this measurement may not be exact. Consult your Physician for more information about body fat ratio.

Body Fat Program at Start



Body Fat Program at Stop

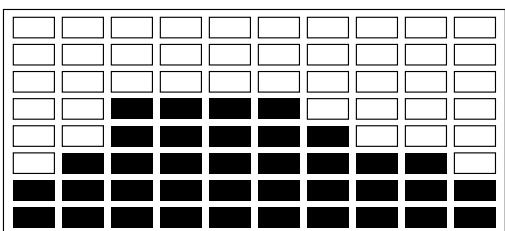


Starting the Body Fat Test Program:

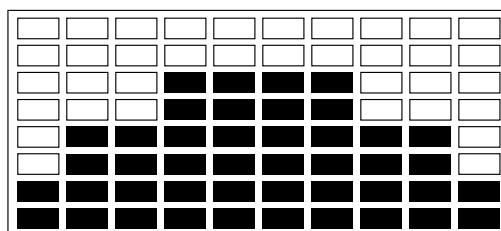
1. Step on the machine.
2. Use the UP and DOWN buttons to start the BODY FAT TEST program (P16). Push the ENTER button to record selection.
3. Use the UP and DOWN buttons to answer the on-screen questions. Push the ENTER button to record each selection.
4. Make sure both hands firmly hold the heart rate sensors.
5. The computer calculates the fat measurement. The Display shows HOLD SENSOR to remind you to keep both hands on the sensors.
6. "RESULTS" shows on the Display for 2 seconds when the calculation ends. Then "FAT PERCENT" shows on the Display.
7. Use the UP or DOWN buttons to see results for: FAT PERCENT, BMI, and BMR. The Console also suggests an exercise program based off the results.
8. Push the START/ STOP button to start workout with the suggested program.

Note: The Body Fat program is a special program that needs special input. The following buttons only work during the set-up phase of the program: ENTER, UP and DOWN, COOL DOWN. They do not operate after the program starts.

Body Fat Program 1: 40 minutes

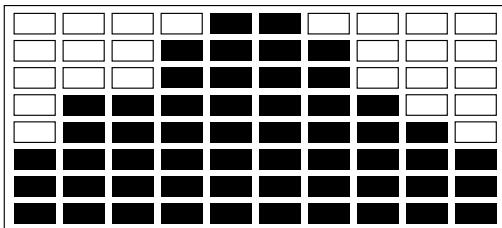


Body Fat Program 2: 40 minutes

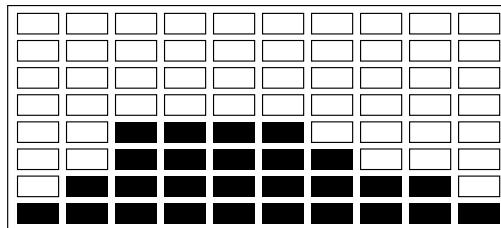


Programs and Instructions

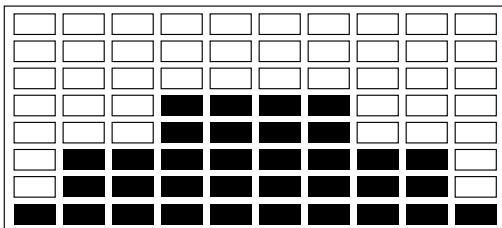
Body Fat Program 3: 20 minutes



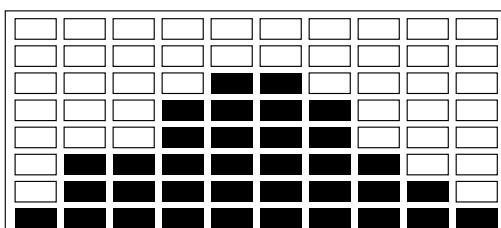
Body Fat Program 4: 40 minutes



Body Fat Program 5: 40 minutes



Body Fat Program 6: 20 minutes



RECOVERY TEST Program

The Recovery Test shows how quickly your heart returns from an exercise state to a more restful state. The Recovery Score equals your heart rate at the beginning of the test minus your heart rate at the end of the test. The higher the Recovery Test score value, the faster your heart rate returns to a restful state. You must hold the heart rate sensors during the test. You cannot use the Recovery program during the BMI program.

Note: If the computer does not sense a pulse signal, "NO PULSE" shows in the Display. If "DETECTED FAIL" shows on the Display, push the COOL DOWN button again. Make sure your hands firmly hold the heart rate sensors, or correctly attach the Chest Transmitter.

Starting the Recovery Test:

1. Push the COOL DOWN button while your heart rate shows on the Display. The Display shows "HOLD SENSOR".
2. Continue holding the heart rate sensors. Stop exercising. The Display shows 01:00.
3. Time counts down to 00:00 on the Display. Your heart rate and any changes also show on the Display for the entire minute.
4. When the clock reaches 00:00, the computer shows your Recovery score and a grade from F1.0 to F6.0.

F1.0 = Outstanding

F3.0 - F3.9 = Fair

F1.1 - F2.0 = Excellent

F4.0 - F5.9 = Below Average

F2.1 - F2.9 = Good

F6.0 = Poor

Helpful Tip: Wait until you see your heart rate on the Display before pushing COOL DOWN to begin the test. Keep your heart rate steady for 3 minutes before pushing the COOL DOWN button.

Programs and Instructions

User Data and Memory Functionality

Your Elliptical Trainer can store up to 4 users and 10 workouts in the Console Memory.

Setting up a User Profile:

1. Push the USER DATA button to start User Profile mode.
2. Use the UP and DOWN buttons to set user from USER 1 to USER 4 (U1 to U4). Push the ENTER button to record selection. The Display flashes "GENDER".
3. Use the UP and DOWN buttons to set your GENDER. The Console default equals MAN. Push the ENTER button to record selection. The Display flashes "35".
4. Use the UP and DOWN buttons to set your AGE. The Console default equals 35. Push the ENTER button to record selection. The Display flashes "5'07 (170)" and "HEIGHT".
5. Use the UP and DOWN buttons to set your HEIGHT. The Console default equals 5'07" (170cm). Push the ENTER button to record selection. The Display flashes 155.0 (70.0) and "WEIGHT".
6. Use the UP and DOWN buttons to set your WEIGHT. The Console default equals 155.0 lbs (70 kg). Push the ENTER button to record selection. The first segment on the Display flashes.
7. To input your name, use the UP and DOWN buttons to select a letter and push ENTER to set the letter. Your name can take up to 14 segments total. Push ENTER for 2 seconds to record your name and exit the USER DATA mode.

If you do not want your name saved, hold the ENTER button for 2 seconds to exit the USER DATA mode and erase all data.

Saving Your Exercise Data:

1. Push the MEMORY button after workout to save exercise data.
2. The Display shows "DATA SAVED". The computer saves the data to MEMORY 1 for that User Profile.
Note: The newest data always saves to the MEMORY 1 spot. MEMORY 10 keeps oldest exercise data.
3. Push USER DATA to exit MEMORY mode.
4. Push USER DATA again to exit USER DATA mode to the Program screen.

Reviewing Your Exercise Data:

1. Push the USER DATA button, and then push the MEMORY button.
2. Use the UP or DOWN buttons to review the data from MEMORY 1 to MEMORY 10.
3. Push USER DATA to exit MEMORY mode.
4. Push USER DATA again to exit USER DATA mode to the Program screen.

Maintenance

The safety and performance of this product can be maintained only when examined regularly for damage and wear.

- ⚠** Disconnect power supply before servicing or performing maintenance on the Elliptical Trainer. Examine the Elliptical Trainer regularly for damage and wear. Replace broken components immediately or put the equipment out of use until repaired.

Daily/Before Each Use: Examine machine. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact your authorized Schwinn® Fitness Dealer for servicing.

Daily/After Each Use: Clean machine with a clean, dry cloth. Use a damp cloth to clean your Elliptical Trainer and Console. Use a mild detergent or spray cleaner on upholstery. Do not use cleansers containing enzymes.

Weekly: Examine the machine for smooth rear roller operation. Clean all surfaces.

Monthly: Examine all bolts and screws. Tighten as necessary.

IMPORTANT: Do not use a petroleum-based solvent when cleaning. It causes damage to the finish on the Elliptical Trainer and Console. Avoid getting unwanted moisture on the Console.

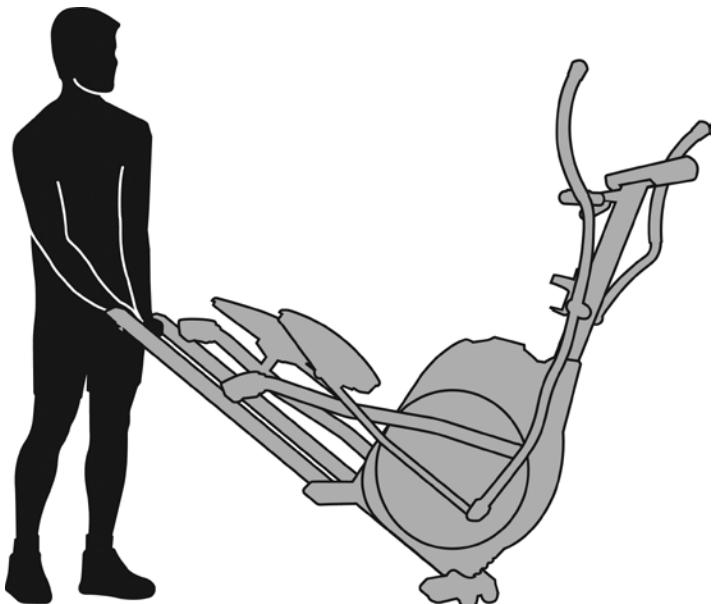
If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Nautilus Customer Service at 1-800-NAUTILUS (628-8458). Only Nautilus-trained or Nautilus-authorized personnel should make extensions, readjustments, modifications, or repairs.

Leveling the Elliptical Trainer

You can level the machine to adjust for uneven surfaces. To make the machine level, turn the two leveling bolts located on the bottom of the rear stabilizer to lift or lower the machine until it is level with the surface.

Moving the Elliptical Trainer

Carefully, but firmly lift the rear end of the Elliptical Trainer. Slowly steer the Elliptical Trainer to the new location. Be careful while moving the unit. A sharp, direct or indirect, hit to the machine can affect computer operation.



Troubleshooting

Basic Post Assembly Troubleshooting

Problem

No display/partial display/elliptical will not turn on.

Solutions

- a. Make sure the Elliptical is plugged into a functioning wall outlet. Plug another appliance (like a lamp) into the outlet to test it for proper functionality.
- b. Examine the power connection at the front of the unit. The connection should look attached and have no damage. Contact Customer Service if you find visible signs of damage.
- c. Examine console mast wire for damage. All wires should be intact. If any are damaged contact Customer Service for assistance.
- d. Examine the console mast wire connections at console and at base of console mast. Make sure connectors click tightly together.
- e. Examine the console Display screen for damage. Contact Customer Service if you find visible signs of damage.
- f. Contact Customer Service if problems continue.

Problem

Unit operates but Contact Heart Rate (HR) is not displayed.

Solutions

Refer to the "Using the Heart Rate (HR) Sensors" section in this manual.

Note: Sensors may have difficulties with dried out or calloused hands. Use a heart rate monitor conductive cream, such as Buh-Bump™ cream to help the contact between your hands and the Sensors. Conductive cream is available at large fitness stores, medical stores, or online.

- a. Keep hands centered on the HR Sensors. Your hands must be kept still while keeping equal pressure to each Sensor.
- b. Check the HR wire plug on the back of the console. Plug should be fully connected.
- c. Contact Customer Service if problems continue.

Problem

Unit wobbles and/or does not sit level.

Solutions

- a. Examine the Leveler Bolts at the front of unit. You can turn the Leveler Bolts in or out to make the machine level.
- b. Tighten the locknut on the Leveler Bolts when you finish making adjustments. This prevents the bolts from becoming loose again.
- c. Examine the surface below the machine if you cannot adjust the Leveler Bolts. Adjustment may not be possible for extremely uneven surfaces. Move unit to a level area.

Problem

You hear a "clunk" sound during operation, or unit is difficult to pedal.

Solutions

- a. Examine all pivot point connections. Make sure all hardware is fully tightened and there are no cross-threaded connections.
- b. Contact Customer Service if problems continue.

Troubleshooting

Advanced Post Assembly Troubleshooting

Problem

The below Solutions apply to the following issues:

- Console displays "E2" error code.
- Unit operates but Display does not show speed or RPM.
- Console shuts off (enters sleep mode) while in use.

Any of these situations might require advanced troubleshooting assistance. Follow the Solutions steps to make sure you have no problems with wires and their connections. Call Customer Service if problems continue or you have other issues.

Solutions

- a. Examine the console mast wire for damage. All wires should be intact. Contact Customer Service if you find any damage.
- b. Examine console mast wire connections at the Console and the base of Console Mast. Make sure connectors click tightly together.
- c. Contact Customer Service if problems continue.

Contacts

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Please supply the serial number of your machine and the date of purchase when you call Nautilus. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page. Dial the number of the office close to you.

Serial Number

Date of Purchase



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